



# PETER

## PERSONAL TRAINER

### Specialises in

- Strength and Conditioning
- Olympic/Power Lifting
- Sport Specific Training
- Injury Rehab and Prevention

### Qualifications and Experience

- Certificate III & IV in Fitness
- Bachelor of Exercise and Sport Science

### Bio

Peter graduated University in 2021 and is eager to dive into the industry and work with members to help them achieve their fitness and performance goals. In the gym, Peter enjoys weights training mixed with interval training and boxing. Outside of the gym he enjoys following basketball and loves to watch the NBA! He understands that helping members achieve their goals is very rewarding, and it is what drives him to work in the health and fitness industry. He also believes that working in a positive environment with those who are driven to be physically active is motivating!